

# **Chapter 11: General Rules and Regulations for Contact Point Sparring**

## **Preface**

The purpose of this section is provide a guideline to competitors, judges and Tournament Directors as a standard guideline in hopes of having consistent tournament Sparring rules throughout Tang Soo Do tournaments nationally.

Tang Soo Do is a traditional martial art with its origins dating back over 2,000 years in China, Okinawa, Japan and Korea. In order to demonstrate the practical application of Tang Soo Do training without causing serious injury to other students we have elected to establish Contact Point Sparring as the system for Tournament competition. Contact Point Sparring allows us to be "as-close-to-real" as possible while maintaining a healthy and safe environment to learn and grow in the Martial Arts.

To come to consciences on sparring rules throughout Tang Soo Do we cannot avoid the controversy on the use of protective sparring equipment. From the viewpoint of protecting the competitors physically and also to legally protect the Sponsors of Tournaments, the decision to use protective sparring gear must remain solely with the individual competitor to determine the levels of protection they feel they need to compete fairly and safely.

A competitor can only address their own protective gear level understanding they may be sparring against competitors that come from a tradition that may not require any protection. The rules and regulations remain the same and no consideration is given to either competitor for the use or non-use of optional protective gear.

### 1. Protective Equipment for Contact Sparring

#### a. Mandatory Equipment:

- i. Mouth guard
- ii. Male competitors must wear a groin protection inside of the uniform
- iii. Full hand
- iv. Full foot including instep
- v. Shin Guards (inside uniform)
- vi. Head gear with padded top, sides and back

#### b. Optional Equipment:

- i. forearm under the uniform
- ii. Olympic style chest protector
- iii. head gear masks or visors WILL NOT BE ALLOWED
- iv. safety equipment may not be repaired with tape for any reason

c. Compliance: A competitor has 2 minutes to comply with sections 1 & 2 above, or face disqualification.

### 2. Personal Requirements

- a. Competitors shall keep their nails cut short and are forbidden to wear any metallic article. Any competitor whose hair, in the opinion of the referee/judges, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Any competitor who cannot meet these requirements within 2 minutes shall be disqualified.
- b. The personal hygiene of all competitors shall be of the standard that shows respect for yourself, your competitors and your Art. Any competitor wearing an excessively unkempt or dirty uniform will be

required to change it immediately (within two minutes). If the competitor cannot or will not comply, the referee shall declare the opponent the winner.

- c. Only "sport" eyeglasses or Soft contacts will be allowed in sparring competition. Time will not be granted to look for lost contacts.
- d. The administration or use of any performing enhancement drug (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections in any part of the body, either before or during a match, to or by any contestant is absolutely prohibited. Any contestant violating this rule will be disqualified.

### 3. Tournament Officials

#### a. The Referee shall:

- i. Make every effort to insure the safety of the competitors
- ii. Control the competition
- iii. Physically inspect the competitors before the match
- iv. Give pre-competition instructions when necessary, declare the end of the match, and give warnings and commands such as break and continue
- v. Call the deduction of points and cast a vote for points as they see fit
- vi. Stop the time-keepers clock when necessary
- vii. State their opinion about decisions, deduction of points, warnings, and the winner when requested by a competitor and/or arbitration committee
- viii. Verify that the recorded scores are correct prior to the awarding of the match.

#### b. The Judges shall:

- i. Be seated or stand at each corner of the ring and assist the referee as needed. Judges should vary more than 2-3 feet from their assigned corner.
- ii. Cast a vote for points through the use of the flag as each occurs
- iii. Render an opinion on disqualification and minus points
- iv. Indicate by use of hand signal when face contact is made upon request of center referee.
- v. Be aware of and point out incorrect violation calls that may be made by the referee by calling a judges conference.

#### c. The Chief of Judges shall:

- i. Consult with the referee and judges when necessary
- ii. Inspect the score card for accuracy
- iii. Decide the winner only on the basis of the score- card and inform the referee.
- iv. In the case of questions, the Chief of Judges should consult with the appropriate judge or referee.
- v. Sign each contested match's scorecard and present the same to the protest committee in the case of a protested match.
- vi. Oversee scorekeeper and timekeeper
- vii. Be aware of, and point out, incorrect violations that may have been made by the referee.

#### d. Timekeeper, and Recorder shall:

- i. The timekeeper shall be responsible for keeping the official time by starting and stopping the clock on the referee's orders and announce the expiration of the official time period.
- ii. The recorder shall keep an accurate record of each warning, minus point, point and disqualification as awarded by a majority of the four judges and referee.

#### e. Referee Signals and Language

- i. Standing at his mark in the ring, the referee with both arms bent at the elbow and the index fingers of both hands pointing straight up, calls the competitors to their marks by saying "Ready" and pointing the index fingers down to a 45 degree angle and slightly forward towards the athlete's mark in the ring.
- ii. The referee shall raise both arms, hands open and palms forward, to shoulder level with the forearms bent vertically at the elbows facing the Chief of Judges and say "Attention", to indicate that the competitors should face the Chief of Judges.
- iii. Next the referee shall extend the arms straightforward with the palms down parallel to the floor at shoulder level while saying "Salute" or "Bow" to indicate that the competitors should acknowledge the Referee or Chief of Judges.
- iv. The Referee shall then bring the forearms back to the original position this time with the palms facing inward and say "Salute" or "Bow" to indicate that the competitors should acknowledge each other.
- v. The referee shall then physically examine the two competitors (White first) to insure that all the requirements listed in the Articles above have been followed. The referee shall then assume a front stance, left foot forward, and execute a shoulder level right knife hand downward strike between the opponents while commanding, "Ready".
- vi. The referee shall ensure the competitors are in their starting position and then shall extend both arms out to the side at a 45 degree angle, then pulling the left foot back to a "Front Stance" simultaneously bringing the arms in parallel to the floor, shoulder-width apart, palms facing inward and command "Begin".

4. To Temporarily Halt the Match:

- a. The referee shall say "'Shout'" while extending the right hand in a sharp, shoulder-level knife hand downward strike between the opponents while standing in a left foot forward stance.
- b. The referee shall say, "Break", bring both competitors back to the center of the ring, stand between them with both arms parallel to the floor, palms down and fingertips touching command "Call".
- c. To call for point, the referee upon his own command for "Call" the referee shall indicate his vote for point by extending either arm in the direction of the contestant who he/she thinks scored a valid point with palms up.
- d. To award a Full Point Deduction: The referee shall call both competitors back to their starting positions, point to the perpetrator of the offense, declare verbally what the infraction was, point straight up towards the with index finger raised and announce aloud "Full point deduction White or Red)".
- e. Any legal technique that is executed with a prohibited act before or after execution shall not be scored, the referee must wave off the point and the appropriate half-point or full-point deduction should be called.
- f. To Continue the Match, the referee shall ensure the competitors are in their starting position and then shall extend both arms out to the side at a 45 degree angle, then pulling the left foot back to a "Front Stance" simultaneously bringing the arms in parallel to the floor, shoulder-width apart, palms facing inward and command "Begin".
- g. To reverse a Violation Call the Referee shall repeat the wrong violation call, then wave the opposite hand three times extended over his/her head to signal that the previous violation call has been nullified. The Referee shall then execute the correct violation call.

5. To End the Match:

- a. The referee shall say "Stop" and then reposition the competitors in the starting position. The referee shall approach the Chief of Judge's table and be informed of the winner.
  - b. The referee will then bow the competitors out in the reverse order used to bow them in using the same gestures and commands that were originally used (see Article IV Section 1: Referee)
  - c. Before the Match); first the referee has the competitors bow to each other and then to the Chief of Judges. The referee shall then raise the right arm and knife hand up at a 45-degree angle with the palm facing upward and declare "White" if White is the winner, and, if red is the winner, declare "Red" using the same procedure with the left hand.
6. Judges Signals and Language
- a. To Temporarily halt the match for a point call the judge shall "Shout" loudly while raising his/her flag to a position parallel to the floor at chest level.
  - b. To "Make a Call" the judge shall use the flag with the appropriate colored end in the same manner as the Center Referee uses his hand.
  - c. To confer with the Referee the judge shall "Shout" loudly and stand.
  - d. Chief of Judges: To interrupt the match, the Chief of Judges shall rise from his/her seat and "Shout" loudly. The Chief of Judges shall then indicate to the referee the reason for stopping the match (time must be halted).
7. Awarding of Points: Judges and Referee have four (4) different types of calls
- a. "Pass" means the judge could not see a point or violation or they saw contact but was not in their opinion meet the requirements for a point and therefore is not an eligible judge in determining a majority. Indicated by holding both flags across the eyes.
  - b. "Penalty" means that a point or warning should be assessed for violation of a rule. Penalties are not cumulative to a future match. Indicated by holding the flag of the offender(s) down and to the side of the body.
  - c. "Point" means the judge saw the delivery of a solid technique by a legal weapon to the legal target area. If more than 1 point can be awarded, the judge must state number of points and technique for consideration by the Referee when they first raise their flag. Indicated by raising the flag of competitor to be awarded a point.
  - d. "Push" means that the judge saw contact by both contestants that meet the requirements for a point to be awarded and therefore no point is awarded to either contestant and therefore is not an eligible judge in determining a majority. Raising both flags above the head indicates a "Push".
  - e. In order for a point or a penalty point to be awarded a majority of the judges and referee must concur. A judge (including the referee) declaring "Pass" or a "Push" call is eliminated from the number eligible judges:
    - i. 5 eligible judges: 3 judges must agree
    - ii. 4 eligible judges: 3 judges must agree
    - iii. 3 eligible judges: 2 judges must agree
  - f. To discourage violations, a "point" can not be awarded to a competitor who also receives a violation for the same sequence, however, it is possible to have a "point" awarded to one competitor and a violation assessed to the other competitor on the same sequence. Points are first awarded based on original judges call if applicable, then the Referee calls for a Violation conference and the clock is stopped until a decision is rendered. A majority of judges who saw the potential violation must agree. Awarding points for Violations should not end a match if possible. If awarding a point would end the match then take a point away from the violator and continue the match.

8. Tournament Divisions: Age, Belt, and sex shall divide Competition. Competitor shall compete in the age level as of the first day of the tournament and the last rank awarded before the first day of the tournament. The goal is to have 6-8 competitors and in each event therefore sponsoring organization has the option of dividing or combining age and or belt divisions into competitive groups. Suggested divisions are as follows:

**1. The Division level is created by Experience:**

- ⇒ Novice (1 year or less of Martial Arts training)
- ⇒ Colored Belts (more than 1 year of Martial Arts training)
- ⇒ Black Belt (1<sup>st</sup> and 2<sup>nd</sup> Degrees)
- ⇒ Advanced Black Belts

**2. The Group level is created by Age:**

⇒ **Senior (over 38):**

- ✓ Veteran
- ✓ Mature

⇒ **Adult :**

- ✓ Under 38
- ✓ Under 26

⇒ **Teen:**

- ✓ Under 20
- ✓ Under 18
- ✓ Under 15

⇒ **Youth:**

- ✓ Under13
- ✓ Under 10
- ✓ Under 7
- ✓ Under 5

**3. If needed, divide by Height (ie Reach) to form a Class:**

- ⇒ Long Reach
- ⇒ Average Reach

9. Duration of Bouts

a. Time and Points:

- i. First to 3 points within a **2**-minute time limit wins the match for Youth and Senior.
- ii. First to 5 points within a **3**-minute time limit wins the match for Teen and Adults.
- iii. A clock will not be used in Medal rounds.

b. Competitors shall be allowed a full two-minute rest before a medal round.

c. No competitor should compete in 2 consecutive bouts except for the bronze medal bout that is conducted before the Gold medal round.

10. Authorized Implements for Scoring Points

- a. Hand: Closed fore fist.
- b. Foot: Any part of the foot below the ankle.

- c. Authorized Area for Scoring Points
  - i. Head Area: Only that area of the head protected by the headgear or if headgear was worn, shall be considered a legal target area including that area of the forehead covered by the gear. The facial (eyebrows to chin to front of ears) area is acceptable target area for controlled kicks.
  - ii. Body Area: Include the area of the body covered by the chest protector from the collarbone to the navel in the front and to the "posterior axillary line" on both sides (i.e. to the imaginary line drawn down the side from the back crease of the armpit).
- d. Illegal Target Areas
  - i. face mask area with hand techniques
  - ii. neck and throat
  - iii. back, including the kidney area
  - iv. groin
  - v. joints
  - vi. legs (when in position below the waist)
- e. Prohibited Acts
  - i. One caution can be given at the discretion of the Referee and any future violation of any of the items will result in a 1 point penalty. A penalty point should be awarded as a positive point to the opponent unless it would end the match in which case the point is deducted from the perpetrator.
  - ii. excessive pushing or holding the opponent
  - iii. turning back to the opponent to avoid points being scored
  - iv. voluntarily stepping out of bounds to avoid competition or a score
  - v. attacking with an unauthorized weapon (i.e. knee, elbow, fingers, head)
  - vi. attacking an unauthorized area (i.e. groin, back, kidneys)
  - vii. stalling tactics
  - viii. presenting a defenseless posture to opponent (mocking opponent)
  - ix. interruption by the athlete's coach by word or deed
  - x. attacking from the ground
- f. Full Point penalty is imposed when the following occurs without the benefit of a caution. A penalty point should be awarded as a positive point to the opponent unless it would end the match in which case the point is deducted from the perpetrator.
  - i. attacking a fallen opponent
  - ii. making contact with an unauthorized implement
  - iii. making non-incident contact to an unauthorized area.
  - iv. intentional attack after the referee's "stop" command
  - v. excessive contact (may also result in disqualification)
  - vi. throwing the opponent
  - vii. uncontrolled attack
  - viii. pretending injury
  - ix. discourteous behavior on the part of the contestant
- g. Any combination of half point or full point deductions, which brings the total of three (3) awards, shall cause that competitor to be declared the loser.
- h. Automatic Disqualification

- i. Injuring the opponent by a malicious or excessive attack especially to the face, neck and back.
  - ii. Injuring and or rendering an opponent unable to continue by using an unauthorized attacking implement or by attack to an unauthorized area.
  - iii. Significant unsportsmanlike conduct on the part of the contestant
  - iv. Accumulation of three violations including cautions
  - v. Drawing blood does NOT automatically infer that the attack was excessive or malicious, or that the face or neck was indeed injured.
  - vi. The referee and judges by consensus and with the confirmation of the Chief of Judges determine if the attack was malicious or excessive.
- i. Points (valid scores)
    - i. One point shall be awarded for any valid hand or foot technique executed to legal target area.
    - ii. Two points shall be awarded for any legal turning/spinning/jumping foot technique executed to the legal target area.
    - iii. In order to score, the legal scoring implement must be executed with good balance and touch the legal target area with sufficient firmness. A majority of the judges and referee must concur that a valid point was indeed scored.

11. Referee Stops Contest

- i. When the referee or tournament physician determines that a contestant should not continue for safety reasons.
  - ii. When the contestant's coach or throws in a towel to stop the fight
  - iii. When a contestant or coach disregards a referee's command.
  - iv. Action taken by Referee in the Case of an Injury
  - v. The referee shall immediately call "time-out" and attend to the needs of the injured contestant and immediately call for medical assistance.
  - vi. If a contestant is injured due to an infraction of the rules by the opponent and continues, then he/she shall be declared the winner.
  - vii. If both competitors are injured and cannot continue the match, the contestant leading on score card shall be declared the winner. If score is tied and both cannot continue, then judging panel must render a decision based on fighting spirit, superiority of tactics, and superiority of techniques.
  - viii. If a contestant wins (2) two matches through injury, he/ she must withdraw.
  - ix. If a contestant is unable or chooses not to continue the match within one minute of receiving a legal technique to a legal target area than he/she shall be declared the loser by withdrawal.
  - x. In the Case of a Tie at the End of Regulation Time: If at the end of regulation time the score is tied, then the competitors shall continue the match until the first change in score. This may occur through the actual scoring of a point or the awarding of a full or half-point deduction.
- b. Award by Decision to the winner shall be made as follows:
    - i. Disqualification of the opponent
    - ii. Withdrawal of the opponent
    - iii. Points

- iv. Deduction Points
- v. Referee Stops Contest

12. Protests: In case there is an objection to a decision immediately after the occurrence but before the tournament is closed, the applicant must file a written protest to the Tournament Director who will assign an Arbitrator. All Protests require a filing fee of \$25.00 to be paid in cash only. The Deliberation Process is a follows:

- a. after reviewing the protest application the Arbitrator must declare the Protest to be either "acceptable" or "unacceptable".
- b. the Arbitrator can hear opinions from the tournament officials such as Referees and Judges who witnessed the event.
- c. the Arbitrator can review the material evidence of the decisions, such as written data (score sheets). Videotapes will not be admitted as evidence to confirm or disconfirm the protest.
- d. If the Protest has merit and found to be acceptable, the Arbitrator will decide how the mistake will be corrected. Typically, the only corrective action will be to award the correct medal or award to the Protestor without recall of the awards given to others.
- e. The decision of the Arbitrator will be final and there will be no means of further appeal.

13. Bye Chart:

- a. Three Competitors:
  - i. A Bye is awarded to the highest ranking participate who may decline the offer and have the selection done by draw.
  - ii. If the first round winner defeats the Bye competitor in the second round, the winner is awarded first place (2-0) and both losers compete for the Silver (1-1) and the judge may award the bronze to the runner-up (0-2).
  - iii. If the "Bye" competitor wins against the first round competitor in the 2nd round, then "Bye" competitor is awarded 1st place (1-0) and loser is awarded the silver (1-1) and the bronze may be awarded to the first round loser (0-1).
- b. Six Competitors
  - i. All compete in first round
  - ii. Pick best competitor from 3 defeated – Guidelines as follows:
  - iii. eliminate competitor(s) with warnings, then eliminate
  - iv. competitor(s) with lowest points scored, then eliminate
  - v. competitor(s) with highest points scored against them, then eliminate
  - vi. competitor(s) who was the least aggressive, if more than 1 person remains, then
  - vii. majority of judges will chose who will proceed to the next round

c. Bye Chart:

| <u>Competitors</u> | <u>First Round Matches</u> | <u>First Round Bye</u> |
|--------------------|----------------------------|------------------------|
| 3                  | see 13.a above             | see 13.a above         |
| 5                  | 1                          | 3                      |
| 6                  | see 13.b above             | see 13.b above         |
| 7                  | 3                          | 1                      |
| 9                  | 1                          | 7                      |

|    |   |   |
|----|---|---|
| 10 | 2 | 6 |
| 11 | 3 | 5 |
| 12 | 4 | 4 |
| 13 | 5 | 3 |
| 14 | 6 | 2 |
| 15 | 7 | 1 |

14. **Sparring Scorecard** (see Chapter 21, Exhibit C)
15. **Professional Karate Commission Tournament Rules:** These are the standard rules and regulations from the Professional Karate Commission.

**A. GENERAL**

- All competitors must wear a clean regulation Karate, Kung Fu or Tae Kwon Do uniform.
- Spectators are not allowed on the competition floor at any time.
- A judge or referee may at NO time judge or center for his or her own student in Sparring.
- If there is a division provided for a competitor, the competitor must compete in that division. A competitor found competing in the wrong division will be disqualified
- In the event a child's age is challenged, the parent(s) or guardian of that child shall produce a Birth Certificate to establish the child's age.
- Unsportsmanlike conduct will result in disqualification. The disqualified competitor will receive no points and no award. The disqualified competitor will no be allowed to continue into another round.
- A person not enrolled in any karate school or dojo may not participate in any phase of competition.
- All PKC sanctioned tournaments will use square rings for competition. Rings will be no less than 16' x 16' nor more than 26' x 26'. The recommended ring size is 20' x 20'. Elevated rings will be no more than three (3) feet above the floor surface and must have no less than four feet between the out of bounds line and the edge of the elevated floor surface. This does not include regulation size boxing rings. Two parallel lines will be placed in the center of the ring two feet in length and six to nine feet apart.
- No Sparring match will begin without the presence of trained and certified medical personnel. Only certified medical personnel shall administer first aid to an injured competitor.
- In lodging a protest, a player, parent, or instructor must respectfully get the attention of the center referee and state the rule violation you are protesting. Protests are only allowed when a rule has been violated. Center referee will respect all protests and immediately summon an arbitrator. The arbitrator or tournament director has the final say. In a Sparring division a protest of improper match-ups must be made prior to the beginning of the first round, and any rules violation protest must be made before the next match begins. A judgment call may not be protested.

11. All 1st-4th place winners, who are PKC Members, will receive State points and National points

PKC Sanctioned Tournaments

- 1st Place = 15 points
- 2nd Place = 10 points
- 3rd Place = 5 points
- 4th Place = 3 points

PKC Double Points Tournaments

- 1st Place = 30 points
- 2nd Place = 20 points
- 3rd Place = 10 points
- 4th Place = 6 points

## **B. KATA / FORMS / SELF DEFENSE/ WEAPONS RULES**

1. The lowest score for all divisions will be 7.00. Average score will be 8.50. Judges will add to or deduct from the average score based upon the following criteria: Power, Balance, Focus, Execution, Concentration, and Control. In the self defense division, judges will add to or deduct from the average score based upon the following criteria; realism, balance, technique, power, and control.
2. To determine a competitor's score, the highest and lowest score will be eliminated, and the remaining scores will be added together.
3. In case of a tie, two or more competitors scoring the same total, for an award, will be asked to run again. A competitor may run the kata of their choice for a backup kata (with the exception of black belt competitors of all ages who must run a different kata). They will be judged on that performance for the award. If there are only two (2) competitors a show of hands will determine the winner. If there are more than two (2) competitors, they must be scored again.
4. The rules for weapons kata are the same as empty hand. Center referee is responsible for checking the condition of weapons to insure the safety of everyone involved.
5. Brown and Red belts may be used on any board under brown belt.
6. Late entries may be allowed if they arrive prior to the third competitor entering the ring. Late entrants must perform immediately upon arriving at ringside.
7. All competitors and attackers in self-defense divisions will wear headgear.
8. If an attacker uses a weapon in a self-defense demonstration, the defender/competitor may not turn the weapon on the attacker. The goal of these demonstrations is to disarm and defend against the attacker(s).
9. Note Rule #7 under GENERAL RULES as it pertains to attackers in self-defense divisions.
10. Care should be taken to insure there are not a majority of judges from one school on any one judging board.

## **C. SPARRING RULES**

1. Safety Equipment is required in all divisions!! Soft foam, head, foot, and hand gear, mouth piece and groin cup (males only) are required. Recommended Equipment - Soft Shin pads and rib guards. Hand pads must cover the wrist & fingers in one single piece. Knuckle punch equipment and any equipment with excessive tape or deemed unsafe may not be used.
2. Jewelry or other objects that may endanger a competitor, may not be worn. Medical ID tags may be worn.
3. All matches will be two minutes running time. Time will only be stopped by the center referee when necessary for equipment adjustments or in case of an injury.
4. All techniques will receive one (1) point each. In other words, a reverse punch, a backfist, a sidekick, for example, all are worth one (1) point.
5. Tournament matches in all divisions will be five points. The winner will be declared when a competitor reaches five points or time is called. A competitor will be declared the winner when there is a three (3) point differential. Example 3 to 0, 4 to 1. (The three point differential ruling is excluded in adult black belt matches).
6. If there is a tie when time is called, a sudden victory' overtime will be used to determine the winner. The first competitor to score a point wins.
7. Target Areas: Head - light contact in all divisions. Face mask area - No contact below brown belt adult divisions. Light contact in Brown and Black belt adult division. Techniques that are executed to the face

- but Do Not Touch but could make contact if fully extended, will be awarded a point. Chest, rib cage, abdominal area, kidney - light to moderate contact must be made to score a point. Groin - controlled contact in all divisions, youth and adult.
8. No Contact means No Contact! The first face contact made will result in a penalty point for your opponent. The second face contact will result in disqualification. In a no face contact division, any part of one player that touches another player on the face results in a penalty point. It does not have to be a scoring technique. Intent does not play a part, the foul is committed if anything touches the face mask. The center referee can call a penalty point for contact without verification from corner judges.
  9. Light Contact means no penetration or visible movement of the opponent as a result of the technique.
  10. Moderate Contact means slight penetration or slight movement of the target. Moderate contact to the face in all divisions will result in disqualification. Moderate contact to the body is allowed in all divisions.
  11. Excessive Contact means a non-controlled technique. Any technique to the head causing the head to snap in any direction, or drives the person away by the impact of a technique is excessive. Penalty for excessive contact is disqualification. An excessive contact foul overrides any and all other calls, regardless of the sequence of the infractions.
  12. Swelling, Redness or Bleeding if caused by a punch, kick, or any aggressive act by your opponent, opponent will be disqualified. Referee or the majority of the judges must see the contact. Center referee can call contact without verification. If a competitor is knocked unconscious by a technique, he must be examined by the medical technician IMMEDIATELY. A competitor who is knocked unconscious CANNOT continue to fight. The competitor who executed the technique will be disqualified from that match, but may go on to fight in any subsequent matches. The medic will make the final decision on a competitors ability to continue a match.
  13. Grabbing the uniform top or pants and trapping a kick is allowed to facilitate scoring. Scoring must occur within 3 seconds.
  14. Out of bounds...Indiana uses the three feet in rule. Both competitors may score as long as there are three feet inside the ring.
  15. Ground Fighting...Either competitor may score within three (3) seconds. Stomps to the body are allowed as long as one foot remains solidly on the floor.
  16. Sweeps are allowed to the back of the front leg. No takedowns or rear leg sweeps. No leg checking.
  17. Every verified rule infraction will result in a point awarded to the opponent. This excludes those rule infractions that are considered flagrant and would otherwise result in disqualification, such as excessive face contact.
  18. Illegal Techniques include head butts, swinging techniques, hair pulling, biting, scratching, knees, elbows, throws, rear leg sweeps, stomps to the head, jumping on a downed opponent, kicks to the leg, blind techniques, open hand techniques to the eyes, striking to the spine, back of the neck or throat, falling to the to avoid contact, pushing, running out of bounds, ringside coaching, faking an injury.
  19. Second Punching: A foul for executing a technique after the center referee has said, "stop", will result in a point given to the opponent. Second time is disqualification, in or out of bounds.
  20. Coaching during a match is considered a rules infraction and will result in a point being given to the offending competitor's opponent. Coaching is defined as verbal or nonverbal instructors given to a competitor during a match.
  21. Pairings and byes will be made randomly before the first round of competition. Competitor cards will be paired randomly by the center referee, coordinator, or scorekeeper. In the event members of the same dojo are paired, cards will be switched with the last match in that round.
  22. Late entry: Once a division has started there will be no late sparring entries.

23. A competitor may request the removal of one official before the division begins. The removal rests upon the decision of the arbitrator or tournament director.
24. The Center Referee may issue a point for any rules infraction (Example: running, coaching, low kicking, etc.) or disqualification or point for excessive contact or unsportsmanlike conduct without verification from the corner judges. The center referee's call for a rules infraction may over ride calls made by the corner. The Center Referee will be positioned so the timekeeper & scorekeeper are highly visible and will know the location of medical technicians.
25. All competitors may be required to weigh in, if requested, and disqualified if found competing in the wrong division.

Black Belt Weight Divisions:

Light - 165 lbs and less

Middle - 166 to 190 lbs

Heavy - 191 lbs and over

Adult Gup Divisions:

Light - 169lbs and less

Heavy - 170lbs and over

#### **D. Helpful Hints**

- 1) Try to get your opponent's point area's facing the majority of the judges while your back is hiding any attacks from the majority of the Judges.
- 2) The object is to win with honor but to win you must ensure that the judges have the best angle to see your attacks and minimum exposure of your opponent's attack.
- 3) It is best to move away from kicks instead of blocking them. Sometimes a good block can look like a point.
- 4) Kee-Ahp on all attacks that may be point.
- 5) Do not ever question a judge's call during a match. They are in-charge and do not want to be second-guessed by anyone.
- 6) Be extremely respectful to your opponent and the judges.
- 7) Be Aggressive but do not show aggression.
- 8) Have fun, smile, and show everyone you are having a good time.